



WHAT'S **YOUR** TRIGGER?

If you're a smoker, you know how hard it is to resist smoking in certain situations. Maybe for you, this hot cup of coffee just wouldn't be the same without a cigarette.

When you join the Quit For Life® Program, we'll help you identify the things that make you want to smoke, avoid them while you are quitting and then re-learn how to enjoy them again without wanting a cigarette. Sound impossible? We've helped more than 1 million tobacco users do it, we can help you too.

Call or go online today and learn how to take back control over **your** triggers.

It's FREE. It's confidential. It works.

1.888.275.1205 (select option 3)
www.KansasHealthQuest.com

The tobacco cessation program is provided at no cost to you and addresses all forms of tobacco.

Who is eligible to participate?

Benefits eligible state and non-state employees who are enrolled in the state employee health plan or who have waived coverage in the plan.

Retirees, spouses and dependents 18 years or older who enrolled in the state employee health plan.

